

CMC Parent News - Spring 2019

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ReRoom - Where Sustainability Meets Convenience

CMC Students are Catalyzing Lasting Environmental
By Sam Becker '19

My second week at CMC I saw a need for developing, funding, and implementing environmental initiatives on CMC's campus. I created the twelve-member Environmental Affairs Committee (EAC), formed the 15-member [Sustainability Fund Committee](#) (SFC), built positive relationships with institutional stakeholders, and worked with students and faculty to mobilize environmental progress. By submitting proposals, collaborating with administration, and engaging a wide range of students, the EAC has reduced emissions and waste, generated profit, and created paid positions through the Dean of Students (DOS) Office. ReRoom was one of these proposals.

The ReRoom program seeks to break the cycle of campus-based waste by collecting items—like fridges, lamps, shelves, and microwaves—that students do not want at the end of the school year, and reselling them to first-year and returning students. ReRoom provides students opportunities to purchase used

items, exposing them to a lifestyle of reuse and consumption reduction, and gives them access to functional items that are cheaper than or on par with local thrift store prices. As a bonus, greenhouse gas emissions associated with producing, shipping, and picking up new items are reduced.

Logistically, ReRoom is broken into two processes, collection and sales. Collection starts the Wednesday of finals week when a ReRoom employee team of ten students creates collection areas in each residence hall. The team then brings the items to a shipping container after residents have moved out. For the sale portion, the student employees arrive at CMC four days before school starts, and move the items from the shipping container to the north side of Roberts Pavilion where the sale is hosted two days before the beginning of the term.

In ReRoom's two years of operation, it has generated more than \$5,000 of revenue, turned a net profit, employed over 20 students, and reduced greenhouse emissions and natural resource use. Such success, and ReRoom in general, would not be possible without support from CMC's Facilities and DOS staff, who have been integral in helping with logistics and advertising ReRoom to current and incoming students.

Over the last few months, the EAC has been working with Facilities and DOS to have some of the items we see consistently donated at the end of the year, such as mirrors and lamps, be provided by the College. This effort began with a campus-wide survey to understand why students have donated items in the past, and to gauge which items they would prefer to have equipped in their dorms. We plan to hold a focus group in the coming months to move this process forward with necessary student input. Ultimately, our goal is for students to no longer feel compelled to leave items behind, and for the overall waste to be reduced by investing in higher quality and longer lasting goods.

For questions about ReRoom, the EAC, or the SFC, you can reach Sam Becker '19 at sbecker19@cmc.edu.

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Let's Talk Summer Opportunities

Pointers from the CMC Career Services Office by Anu Sambath P'22

Navigating the summer internship process can be a stressful time for many young adults, especially at CMC where students are accomplished and ambitious. The great news is that CMC has resources to guide and support students through this process. I spoke with [Ursula Diamond, Director for Student Opportunities](#), about what both students and parents should know.

Q: First-year students are watching sophomores and juniors actively plan their summers. What should first-years focus on, and how should they approach their summer?

A: Juniors and seniors, especially in finance, usually know exactly what they need to do for the summer. The options for that first summer, however, are endless. Our advice is to simply make it a productive summer, which could mean many different things. Some students may want to earn money during their summer, while others may just want to gain some type of experience – not necessarily in their field of major. First-year students may even choose to brush up on academics, or decide to relax, rejuvenate and spend quality time with family. You cannot go wrong with the first summer!

Q: Do you have any advice on what fields students should be exploring when looking for a summer experience?

A: We want students to remember that their major and where they finally land are not tightly coupled. They should feel free to explore other fields! The staff at Career Services specializes in different [Interest Clusters](#), act as career coaches, and work to constantly bring different employers to campus to expose CMCers to many different paths. Students can also explore opportunities posted in [Handshake](#) and on the [CMC internship database](#). Encourage your students to consider [Job Shadowing](#) and interning in areas outside of their field of major as they decide what path is best for them.

Q: When hiring summer interns, my employer prefers students who are closer to graduation. Are there many internship opportunities different for younger students?

A: First-year students should keep in mind that they may not be successful in securing summer experience in certain fields like consulting or investment banking. A work around for this is to look for opportunities in related fields or to consider international opportunities. It also helps to consider unpaid positions.

Q: Does CMC have a program that sponsors students who choose to take unpaid positions?

A: CMC offers financial support to students who choose unpaid positions and to supplement income during their summer through the [Sponsored Internships & Experiences Program](#) (SIE). The deadline

for this was March 4th. This year, 530 students applied, which is 53% of eligible students. Current seniors are not eligible for the SIE program. In previous years nearly 90% of the applicants were either fully or partially funded.

Q: Do you have a message that you want to pass on to parents?

A: Students say they get a lot of emails, so we try our best to keep the message load low and to consolidate our messages. Another way to cut down on the mail is to log-in to Handshake and subscribe only to the interest clusters that interest them in some way. Our biggest piece of advice is to encourage your students to stop by the Soll Center for Student Opportunity and talk to one of us! They can also email and set up a time to come in. We are here throughout the summer as well.

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What Can We Do With All This Stuff?

Information regarding summer storage for CMCers
By Rick Verjee P'21

To avoid displacing students during the school year, the CMC Facilities Department (Story House) uses the summer months to complete annual maintenance and improvement projects in residence halls. Due to this fact, there is no on-campus storage space over the summer. However, CMC does provide students with lists of the storage facilities nearby and provides space for storage boxes/pods to be loaded at the end of the school year and unloaded at the beginning.

Below are some storage options available to students:

Local Storage Facilities

- [Reliable Self Storage](#) (909) 625-5060
- [StoreQuest Self Storage](#) (909) 784-1121
- [All American Mini Storage](#) (909) 621-7867
- [ExtraSpace Storage](#) (888) 609-8483

Storage Box/Pod Companies

These companies will drop a portable storage unit in a designated spot on-campus for students to fill. The boxes are then taken to the company's facility for storage over the break, and returned in August. The two primary companies used by students are:

- [Storage Valet](#) (877) 798-2538
- [Box-n-Go](#) (877) 269-6461

With this option, students must reserve their drop-off space with the Dean of Students Office.

- Students reserve the drop location for both Spring Semester closing and Fall Semester opening. There is no cost for reserving the drop location.
- Pod drop space reservations will open following Room Draw so that students will know their fall housing.
- There are a limited number of spaces available so early reservations are encouraged.
- The opening date for reservations and instructions for reserving spaces will be sent to students after Room Draw in April.
- Students will be given a delivery location after completing the reservation process. Storage boxes must be delivered to this location.
- Storage boxes must display the student's name, as well as the storage company's name and contact information.
- Storage boxes must be delivered and removed in accordance with these dates
 - Spring Semester 2019 storage pods may be delivered no earlier than Saturday, May 4, 2019.
 - All storage pods must be removed from campus by Sunday, May 19, 2019
 - Fall Semester 2019 storage pods may be delivered no earlier than Friday, August 30, 2019 for regular return students.
 - Students approved for Fall Semester early return should indicate their return date on their drop space reservation.
 - All storage boxes must be removed from campus by Monday, September 9, 2019.

For questions regarding summer storage, please contact Lyn Hughes in the Dean of Students Office at 909-621-8114 or lhughes@cmc.edu.

An alternate source for this information is also available on the [Claremont Mckenna College Parents and Families Facebook page](#). This is a closed group for family members of students of CMC.

At the top of the group Facebook page, click on the “Files” button and you will find helpful resources such as:

- Things We Wish We Had Known
- Claremont A-Z
- CMC Resource List for Summer Storage

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It's Time to Celebrate! Quick Tips for Families on Commencement Day

The countdown has begun to the 72nd [Annual Commencement Ceremony](#) on Saturday, May 18. Here are some quick tips for the weekend's festivities.

- Don't miss the reception for graduates and families on Friday, May 17, from 4:00–6:00 p.m. at Collins Dining Hall! This event is hosted by the CMC Board of Trustees and the CMC Alumni Association. It's the perfect way to kick off the weekend for the whole family.
- The average temperature for May in Southern California can range from warm to hot. Because the Commencement venue is outdoors, it is helpful to dress in light layers. Also, don't forget the sunscreen and sunglasses. [Local weather](#).
- No tickets are required for the ceremony or reception.
- The ceremony will begin at 2:00 p.m. Seating for the ceremony is on a first-come basis. Seats may not be reserved but may be held. A representative from your party must remain in the tent with the chosen seats.
- Due to commencement activities occurring at the neighboring colleges, please allow extra time for parking and walking to the ceremony space, which is located on [Pritzlaff Field](#).
- Flower leis are a tradition at CMC for all graduates. They are available for preorder; follow this link to if you would like to order a flower lei for a special graduate: <http://www.collegelei.com/claremont-mckenna/>

- The Ceremony takes place under a large tent which provides plenty of shade. For families with small children and other guests who prefer to view the ceremony indoors, however, the event will be broadcast in [Pickford Auditorium](#). The auditorium is located in Bauer Center South and will be open from 1:30–4:00 p.m.
- At the conclusion of the ceremony, make your way to [Parents Field](#) and enjoy music and refreshments for graduates, families, and friends!

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Gearing up for Semester End

Reminders from the Dean of Students Office

As students enter the last weeks of the spring term, the Dean of Students Office has sent a message inviting them in to visit the office for a “break, snack, conversation, and company.” Understanding that the last weeks of a term can be stressful, the Deans are encouraging students to “seek balance in each day and make use of necessary resources accordingly,” and to remember that there are many resources to help them finish strong. Below are the recently shared tips and reminders:

We are sharing TEN TIPS for a strong finish:

1. **Time Management and Planning** - Be mindful of where and how you spend your time. Your academic commitments are your priority; carefully balance your co-curricular responsibilities so they do not interfere with your academic responsibilities.
2. **Eat Right** - Don't skip meals, practice healthy snacking, and try to avoid late night meals; a well-balanced diet is the fuel you need to power through the next few weeks.
3. **Sleep Well** - You need sleep; believe it or not, you are still growing and your brain is still developing. All-nighters are not effective and deplete your energy and focus. Aim for at least 7 hours of sleep a night and remember that it is the hours before midnight that contribute the most to effective sleep. Get up at as close to the same time every day. Practice cat naps—no longer than 30 minutes a day.
4. **Exercise and Get Outside** - You have miles of walking and a world-class gym at your door. Get outside and enjoy these opportunities at least 3 times a week.
5. **Avoid Alcohol and Other Substances** - Depression, anxiety, and other mental health concerns can become far worse when drinking or using drugs not prescribed to you. They will also impact your ability to focus on your work.
6. **Wash Your Hands** - The surest way to prevent illness is to wash your hands before meals and after any activity where you've been around others who are sick. Effective handwashing involves wetting your hands with clean running water, applying soap and lathering your hands, fingers and nails, scrubbing for at least 20 seconds, and then rinsing your hands under the running water and drying them with a clean cloth.

7. **Drink More Water** - Hydrate, hydrate, and then hydrate more.
8. **Unplug and Disconnect** - Take a daily break from social media—perhaps even consider taking the next month off. You will catch up, and you really won't miss it once you survive the first couple of days. If this seems too extreme, set a limit for your screen time and remember to disconnect completely an hour before sleep.
9. **Read for Pleasure** - Remember the days when you lost yourself in a volume of the Harry Potter series, or The Things They Carried, The Fault in Our Stars, Tuesdays with Morrie or whatever your personal favorite was? Reading a non-course related book on a daily basis for even 15 minutes allows an opportunity for you to clear your mind, engage your imagination, and recharge.
10. **Help-Seeking is Healthy** - Seeking help from trusted mentors, faculty and advisors, or from resources such as MCAPS, the DOS, or Success Consultants, Peer Tutors, the CWPD and the QCL, is a winning coping skill--- one that will serve you well beyond your time on the CMC campus.

We are responsible for the community we create. Help to keep each other safe and healthy. If you are ever concerned about the well-being of a peer, please let us know, or you can report anonymously using the [CMC Cares Form](#).

Some reminders about resources:

Academic

- [Success Consultants](#)
- [The Empowerment Workshop Series](#)
- Peer Tutors – email srollolazo@cmc.edu
- [The Center for Writing & Public Discourse](#)
- [Murty Sunak Quantitative and Computing Lab](#)
- [Soll Center for Student Opportunity](#)

Activities to Balance your Life

- Athena & Stag athletic competitions
- Outdoor Initiative
- Pomona College Organic Farm volunteering
- Plays and Performances
- CPB
- CARE Center events

Parent Network Board Meetings

The Parent Network Board meets quarterly to discuss board business and to hear from College leadership. Read the minutes from the February 17, 2019 meeting [here](#).